

Here

拍數: 32 牆數: 2 級數: High Intermediate
編舞者: Linda McCormack (UK) - September 2015
音樂: Here - Alessia Cara



Count in: 10 count intro, start on female lyrics

[1-8&] Angled side pivots x2, sweep, cross, side, back rock, ¼, cross.

- 1,2& Stepping the RF to the R side, pivoting the body to the R diagonal (1); recover weight back onto the LF (2); step RF together to meet LF (&);
- 3,4& Stepping the LF to the L side, pivoting the body to the L diagonal (1); recover weight back onto the RF (2); step LF together to meet RF (&);
- 5,6& Squaring up to the front wall step the RF slightly forward and sweep the LF round R (5); cross LF over R (6); step RF to R side (&);
- 7,8& Rock LF behind R (7); recover weight forward onto RF (&); ¼ turn to the R (3.00 wall) stepping back on the LF (8); cross lock the RF over the L (&);

[9-16&] Back, sweep ½, step, sweep ¼, cross, side, back rock, recover, back, ¼ sweep, side rock- recover, walk back x2, back diagonal kick, step.

- 1,2 Step back on the LF and open sweep the RF a ½ (1); step down on the RF (9.00 wall) and sweep the LF round ¼ turn (12.00 wall) (2);
- 3&4& Cross LF over R (3); step RF to R side (&); rock LF behind R (4); recover weight forward onto the RF (&);
- 5,6& ¼ turn to the R (3.00 wall) stepping back on the LF and open sweep the RF another ¼ (6.00 wall) (5); rock RF to R side (6); recover weight back onto LF (&);
- 7&8& Walk back on the RF (7); walk back on the LF (&); kick the RF (flexed) to the R diagonal (8); step RF down (&);

[17-24,a] Diagonal touch steps forward x3, hold, ball step, diagonal 1/8th pivot rock- recover, cross, ¼ back, ½, cross, side, behind, side.

- 1&2& Step LF to L diagonal (1); touch ball of RF to L (&); step RF to R diagonal (2); touch ball of LF to R (&);
- 3&,a Step LF to L diagonal (3); touch ball of RF to L (&); hold (a);
- &4 R ball step (&4)
- 5&,6& Rock RF to the R diagonal and pivot 1/8th turn (10.30 wall) (5); recover weight onto LF (7); cross RF over L (6); ¼ turn stepping back on the LF (1.30 wall) (&);
- 7&,a (just short of) ½ turn over the R shoulder stepping forward on the RF (squaring up to 12.00 wall) (7); Cross LF over R (&); hold (a);
- &8,a Step RF to R side (&); cross LF behind R (8); step RF to R side (a);

[25-32&] Cross rocks x2, rock forward, recover, ½, step, side, ¼ pivot, 1/2.

- 1,2& Cross rock LF over R (1); recover weight back onto RF (2); step LF next to R (&);
- 3,4& Cross rock RF over L (3); recover weight back onto LF (4); step RF next to L (&);
- 5,6& Rock LF forward (5); recover weight back onto R (6); ½ turn over the L shoulder stepping forward on the LF (&);
- 7&8& Step slightly forward on the RF (7); step LF to L side and pivot ¼ (3.00 wall) (&); step down on RF (8); ½ turn over the LF shoulder stepping back on the LF (&); Make a ¼ turn back to front wall to step RF to side for first angled pivot.

Submitted by Dodo Wong - dodo_wong@rogers.com